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Chris Comish's blog

Chris Comish is a Reiki Master and here to lift others up in Love and Light.

Wednesday, July 16, 2025

Ida Pingala Sushumna

This sequence describes a profound spiritual evolution through seven initiations, aligned with yogic and esoteric traditions (e.g., Theosophy, Kundalini Yoga, and Eastern mysticism). Here's a refined and expanded version that maintains your structure but clarifies and deepens the process slightly for readability and teaching use:

Initiation 1 – Awakening Love; Pingala Balanced
Energetics: The Pingala nadi (solar, masculine channel) comes into balance.

Personality Alignment: The personality begins aligning with the frequency of Love.

Kundalini Activity: Rises to the heart chakra (Anahata), initiating heart-centered awareness.

Key Theme: Emergence of compassion, moral clarity, and conscious choice.

Initiation 2 – Surrender to Love; Ida Balanced
Energetics: The Ida nadi (lunar, feminine channel) is brought into balance.

Personality Dynamics: Actions are guided by Love, not desire or fear.

Kundalini Activity: Rises to the throat chakra (Vishuddha), enabling authentic self-expression.

Key Theme: Living one's truth; inner and outer alignment with spiritual values.

Initiation 3 – Union of Currents; Sushumna Opens
Energetics: Ida and Pingala are fully harmonized, activating the Sushumna (central channel).

Kundalini Activity: Rises through Sushumna to the third eye and crown chakras (Ajna and Sahasrara).

Spiritual Contact: The Monad (Divine Spark/Higher Self) makes initial contact with the personality.

Key Theme: Illumination; union of intellect, intuition, and will.

Initiation 4 – Soul Embodiment; Causal Body Dissolution
Energetics: The soul fully integrates into the personality.

Causal Body: The Causal (karmic) body dissolves, indicating liberation from reincarnational forces.

Inner Guidance: The Monad becomes the primary guiding force.

Key Theme: Spiritual maturity; personality now serves the Divine Plan.

Initiation 5 – Monad-Personality Fusion
Energetics: The Soul and personality merge into the Monad.

Identity: Individual identity is transcended, replaced by the Monadic awareness.

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Chris Comish

Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa Social Network. Subscribe to his YouTube channel at Onenessandlove. Chris Comish is a Reiki Master and here to lift others up in Love and Light. Since his awakening in 2006, his wish is to share with the world to help it awaken. Chris is the founder of the City of Shamballa social network. Subscribe to his YouTube channel at Onenessandlove. Author of 28 Powerful Reiki Attunements, Book of Healing, Book of Wisdom, and multiple energy attunements and healing books.

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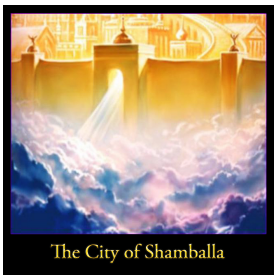

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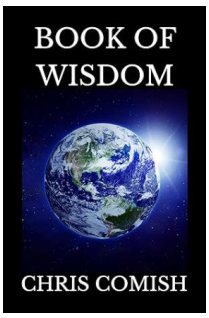

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Key Theme: Mastery, liberation from all lower planes, and pure Divine Will expression.

Initiation 6 – Post-Incarnational Consciousness
Awareness: The Post-Incarnation Path becomes clear through Monadic perception.

Service: Life is now in complete service to planetary, solar, or cosmic purpose.

Key Theme: Higher cosmic roles; choice to return as Bodhisattva or ascend into greater work.

Initiation 7 – Full Monadic Embodiment
Embodiment: The Monad is now fully embodied, and the human form is fully sanctified.

Being: One exists as a pure conduit of Divine Will, with complete unity between Spirit and matter.

Key Theme: Total realization; divine identity; culmination of the human evolutionary path.

- July 16, 2025

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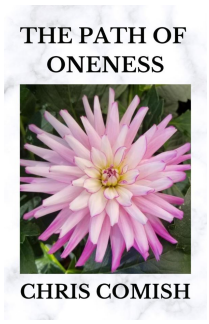

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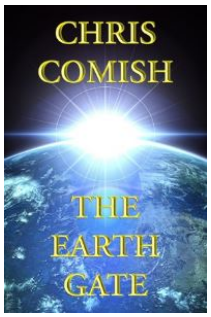

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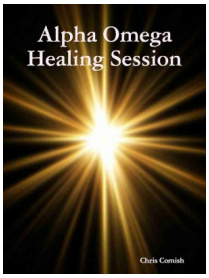

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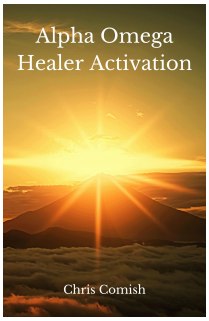

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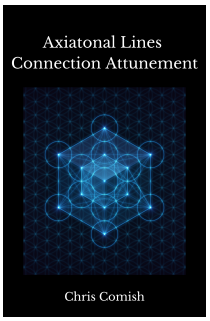

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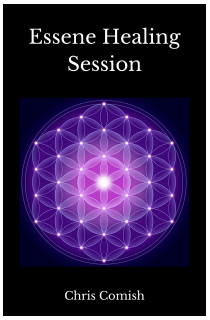

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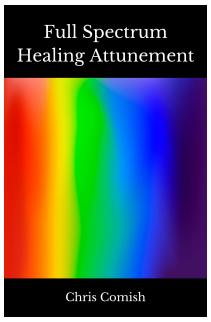

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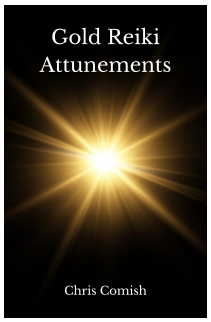

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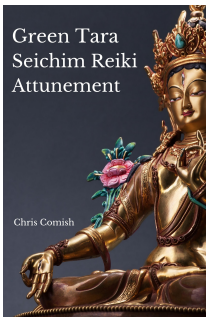

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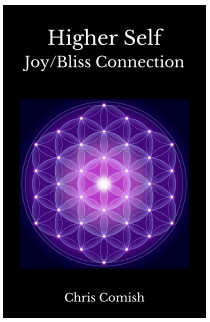

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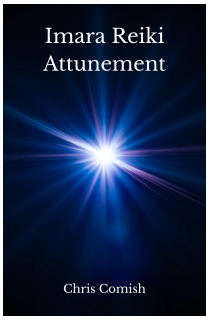

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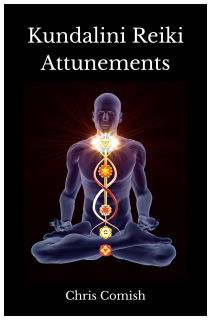

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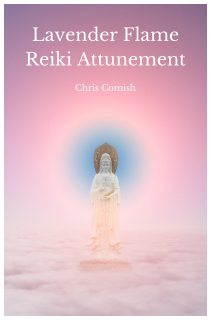

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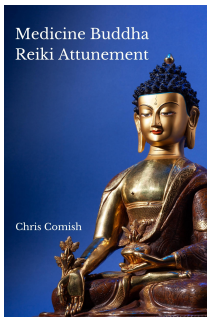

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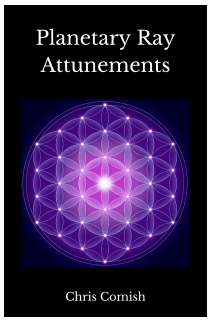

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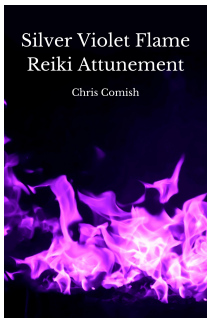

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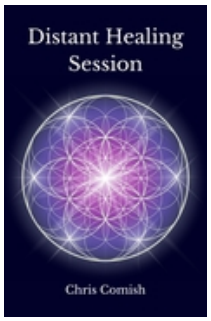

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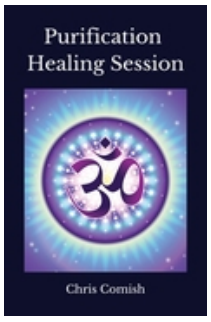

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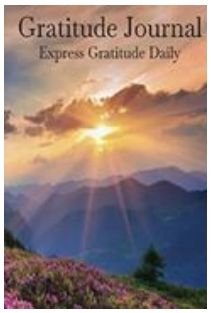

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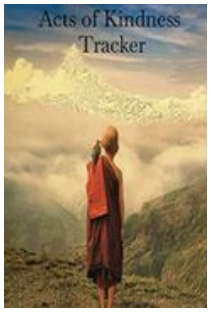

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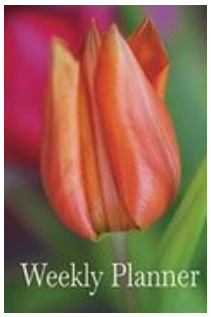

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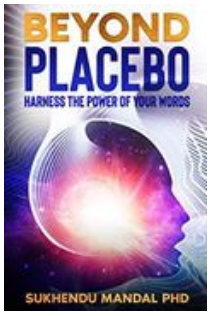

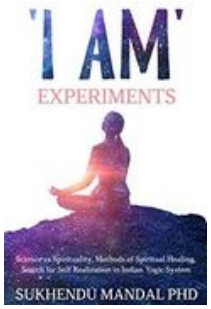

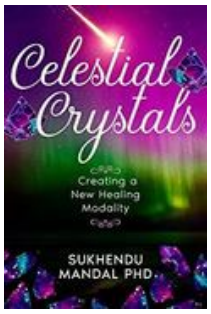

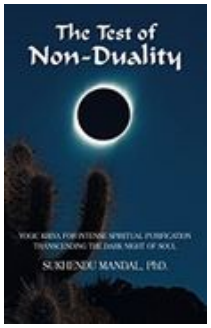

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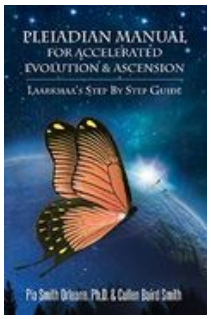

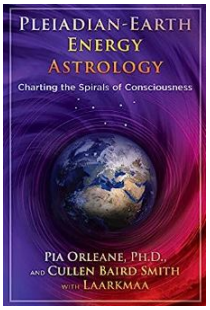
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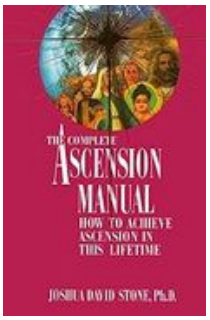
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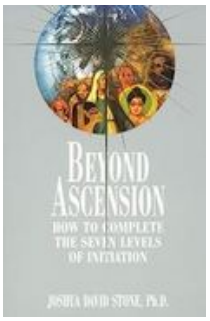
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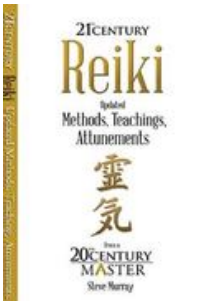
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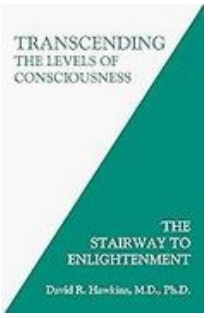
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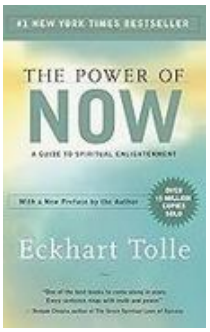
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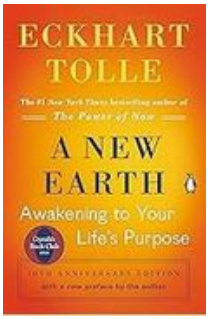
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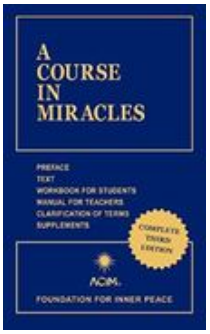
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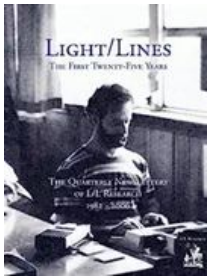
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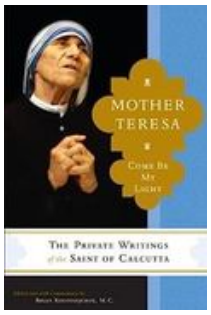
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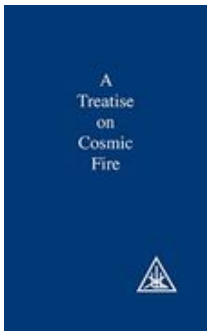
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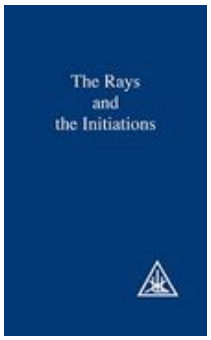
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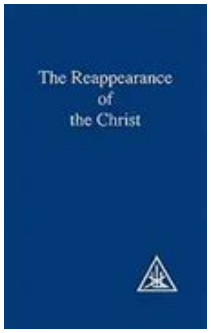
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The
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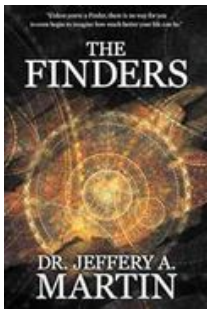
Hierarchy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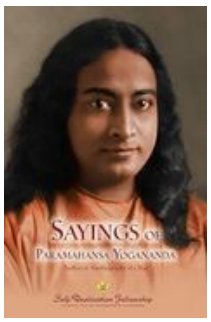
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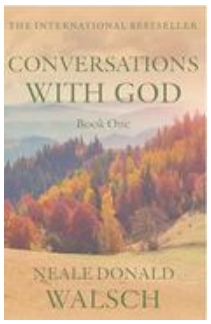
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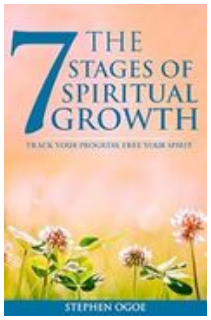
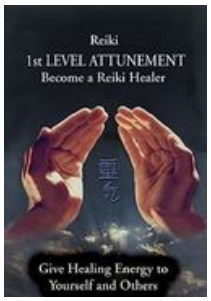
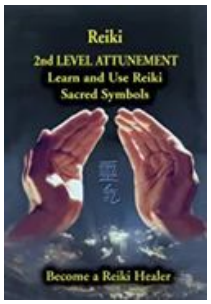
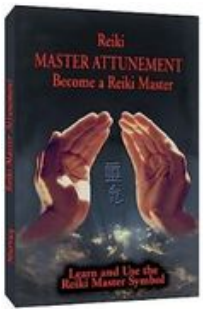
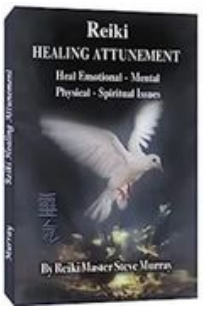


Recommended DVDs (These started Chris Comish's Reiki journey in 2006)









Forum - The City of Shamballa Social Network

- The Real Meaning Of Christmas - The Song Of Light Returning
- Solstice Transmission with Anrita Melchizedek
- Do Not Waste This Opportunity
- Meditation And The Inner Celebration of Christmas By Yogananda & The Self-Ralization Fellowship
- ✨NEW MOON ACTIVATION✨ Energy Detox & Supercharged Manifesting Power |Guided Meditation

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3 books by Chris Comish

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